

CLAIMS:

1. A computer program comprising a combination of code segments stored in a computer-readable memory and executable by a processor to provide nutrition content information related to consumables, the computer program comprising:

a code segment operable to generate an interactive display screen, wherein the interactive display screen includes -

one or more lists of consumables and related nutrition content information, and

a summary section of past consumption of consumables.

2. The computer program as set forth in claim 1, wherein each of the lists corresponds to a category of consumables, and the categories are based upon consumables' relative effect with regard to a health-related concern.

3. The computer program as set forth in claim 1, wherein each of the lists is associated with a color to aid a user in evaluating the relative effect of consumables in the list with regard to a health-related concern.

4. The computer program as set forth in claim 1, further including a code segment operable to receive login information identifying a user, and recalling, based upon the login information, a user data set of specific user information.

5. The computer program as set forth in claim 4, wherein the user data set includes display preferences.

6. The computer program as set forth in claim 1, further including a database of consumables and related nutrition content information.

7. The computer program as set forth in claim 1, further including a code segment operable to access via a network a database of consumables and related nutrition content information.

8. The computer program as set forth in claim 1, further including a code segment operable to allow a user to edit the lists.

5 9. The computer program as set forth in claim 1, further including a code segment operable to accept one or more target values.

10 10. The computer program as set forth in claim 9, wherein the summary section provides information related to past consumption in light of the target values.

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15 11. The computer program as set forth in claim 1, further including a code segment operable to receive and store an input related to consumption of consumables, and to associate the input with a calendar date.

12. The computer program as set forth in claim 11, further including a code segment operable to generate a report summarizing the input associated with the calendar date.

20 13. The computer program as set forth in claim 1, further including a portable, battery-powered hand-held computing device operable to store and execute the combination of code segments, the hand-held computing device including -

the computer-readable memory for storing the combination of code segments,

25 the processor for executing the combination of code segments,

an input device for allowing a user to provide input to the combination of code segments, and

an output device operable to display the interactive display screen.

14. A computer program comprising a combination of code segments stored in a computer-readable memory and executable by a processor to provide nutrition content information related to a consumable, the computer program comprising:

a code segment operable to generate an interactive display screen, wherein the interactive display screen includes -

one or more lists of consumables and related nutrition content information, wherein each of the lists corresponds to a category of consumables and the categories are based upon consumables' relative effect with regard to a health-related concern, and each of the lists is associated with a different color to aid a user in evaluating the relative effect of consumables in the list with regard to the health-related concern, and
a summary section of past consumption.

15. The computer program as set forth in claim 14, wherein the health-related concern is selected from the group consisting of the following: caloric content, protein content, carbohydrate content, fat content, vitamin content, mineral content, sugar content.

16. The computer program as set forth in claim 14, wherein there are three categories and three corresponding lists colored, respectively, green, yellow, and red.

17. The computer program as set forth in claim 14, further including a code segment operable to receive login information identifying a user, and recalling, based upon the login information, a user data set of specific user information.

18. The computer program as set forth in claim 17, wherein the user data set includes display preferences.

19. The computer program as set forth in claim 14, further including a database of consumables and related nutrition content information.

20. The computer program as set forth in claim 14, further including a code segment operable to access via a network a database of consumables and related nutrition content information.

21. The computer program as set forth in claim 14, further including a code segment operable to allow a user to edit the lists.

22. The computer program as set forth in claim 14, further including a code segment operable to accept one or more target values.

23. The computer program as set forth in claim 22, wherein the summary section provides information related to past consumption in light of the target values.

24. The computer program as set forth in claim 14, further including a code segment operable to receive and store an input related to consumption of consumables, and to associate the input with a calendar date.

25. The computer program as set forth in claim 24, further including a code segment operable to generate a report summarizing the input associated with the calendar date.

26. A computer program comprising a combination of code segments stored in a computer-readable memory and executable by a processor to provide nutrition content information related to a consumable, the computer program comprising:

5 a code segment operable to receive login information identifying a user, and recalling, based upon the login information, a user data set of specific user information;

a code segment operable to generate an interactive display screen, wherein the interactive display screen includes -

10 three scrollable lists of consumables and related nutrition content information, wherein each of the lists corresponds to a different range of fat and calorie content, and the lists are colored, respectively, green, yellow, and red, and

a summary section of past consumption;

a code segment for allowing a user to edit the lists;

a code segment operable to accept one or more target values, wherein the summary section provides information related to past consumption in light of the target values;

20 a code segment operable to receive and store an input related to consumption of consumables, and to associate the input with a calendar date; and

a code segment operable to generate a report summarizing the input associated with the calendar date.

25 27. The computer program as set forth in claim 26, wherein the user data set includes display preferences.

28. The computer program as set forth in claim 26, further including a database of consumables and related nutrition content information.

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29. The computer program as set forth in claim 26, further including a code segment operable to access via a network a database of consumables and related nutrition content information.

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30. A method of providing nutrition content information related to a plurality of consumables, wherein each consumable has a particular nutrition content, the method comprising the steps of:

- (a) categorizing each consumable based upon the particular nutrition content;
- (b) displaying the categorized consumables in a plurality of lists, wherein each list is associated with a different color to aid a user in evaluating the relative effect of the consumables in each list with regard to a health-related concern;
- (c) permitting the user to set a calendar date;
- (d) permitting the user to select one or more consumables from the lists, thereby indicating consumption of the selected consumable, and associating the selected consumable with the calendar date; and
- (e) providing a summary of total consumption for the calendar date.

31. The method as set forth in claim 30, further including the step of (f) permitting the user to login with an identification, and recalling, based upon the identification, a user data set of specific user information.

32. The computer program as set forth in claim 31, wherein the user data set includes display preferences.

33. The method as set forth in claim 30, further including the step of (f) permitting the user to edit the lists.

34. A hand-held apparatus for providing nutrition content information related to consumables, the hand-held apparatus comprising:

a housing;

a computer-readable memory located within the housing and storing a combination of code segments;

a processor located within the housing and operable to execute the combination of code segments;

an input device for allowing a user to provide input to the processor; and

an output device incorporated into the housing and operable to display an interactive display screen,

wherein the combination of code segments includes a code segment operable to generate the interactive display screen presenting one or more lists of consumables and related nutrition content information.

35. The hand-held apparatus as set forth in claim 34, wherein the hand-held apparatus is powered exclusively by one or more cells or batteries.

36. The hand-held apparatus as set forth in claim 34, wherein the input device is a stylus.

37. The hand-held apparatus as set forth in claim 34, wherein the input device is a touch screen.

38. The hand-held apparatus as set forth in claim 34, wherein the output device is a liquid crystal display.

39. A hand-held apparatus for providing nutrition content information related to consumables, the hand-held apparatus comprising:

a housing;

a computer-readable memory located within the housing and storing a combination of code segments;

a processor located within the housing and operable to execute the combination of code segments;

an output device incorporated into the housing and operable to display an interactive display screen generated by the combination of code segments, the interactive display screen presenting one or more lists of consumables and related nutrition content information; and

an input device coupled with the processor and operable to allow a user to select a particular consumable from the interactive display screen, whereupon the processor edits a data record stored in the computer-readable memory to reflect an action involving the consumable.

40. The hand-held apparatus as set forth in claim 39, wherein the hand-held apparatus is powered exclusively by one or more cells or batteries.

41. The hand-held apparatus as set forth in claim 39, wherein the input device is a stylus.

42. The hand-held apparatus as set forth in claim 39, wherein the input device is a touch screen.

43. The hand-held apparatus as set forth in claim 39, wherein the data record is associated with a particular date.

44. The hand-held apparatus as set forth in claim 39, wherein the data record can be displayed using the output device.

45. The hand-held apparatus as set forth in claim 39, wherein the processor is operable to edit the data record by adding the selected particular consumable and deleting the selected particular consumable therefrom.

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